

Workshops Set For Treating Tobacco Use During Pregnancy and Beyond

Quitting smoking is one of the most important things a woman can do to improve the outcome of her pregnancy. The Kansas Department of Health and Environment, Tobacco Use Prevention Program will sponsor 10 workshops across Kansas to address tobacco use among pregnant women. These workshops will provide health care professionals with information regarding tobacco use during pregnancy and the tools and techniques that can be implemented into a busy practice to promote tobacco cessation.

Between 12 -13 percent of women smoke during pregnancy in Kansas and only 18-25 percent of all women quit smoking once they become pregnant. Successful treatment of tobacco dependence can achieve a 20 percent reduction in low-birth babies, a 17 percent decrease in pre-term babies, and an average increase in birth weight of 28 grams.

Workshop facilitator Monica Scheibmeir, RN, PhD, Assistant Professor at the University of Kansas School of Nursing, will provide information regarding the “5 A’s” approach to tobacco cessation in a clinical setting, discuss the use of nicotine replacement therapy during pregnancy, and advise health care providers how to actively refer pregnant smokers to cessation services, including the Kansas Tobacco Quitline (**1-866-KAN-STOP**). Continuing Education Credits will be offered to physicians and nurses who attend the workshop. No registration fee will be charged, however, pre-registration is required to attend.

Workshops will be offered on

Aug. 26	Overland Park
Sept. 2	Pratt
Sept. 9	McPherson
Sept. 12	Wichita
Sept. 26	Chanute
Oct. 7	Lawrence
Oct. 17	Topeka
Oct. 27	Hays
Oct. 28	Garden City
Nov. 18	El Dorado.



For more information or to receive registration materials, please contact the University of Kansas Medical Center, Area Health Education Center at 620-235-4040.